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<sup>1</sup>Offer valid from May 16, 2011 to July 24, 2011 at participating Shell Locations. Minimum \$50 Shell V-Power<sup>®</sup> fuel purchase per transaction required to earn 20 AIR MILES reward miles. Minimum \$50 Shell Bronze, Silver or Shell Diesel fuel purchase per transaction required to earn 5 AIR MILES reward miles. Maximum number of Bonus reward miles earned per transaction with Shell V-Power fuel offer is 18. Maximum number of Bonus reward miles earned per transaction with Shell Bronze, Silver and Shell Diesel fuel offer is 3. No Coupon required, reward miles will be awarded automatically to your Collector account. AIR MILES reward miles Collector card must be swiped at the pump or presented in store at time of purchase. <sup>11</sup>Offer valid June 18-19, 2011 at participating RONA stores and its other banners in Ontario only. Bonus Offer must be presented at time of purchase. Limit of one voucher per visit, per collector, per day. Cannot be combined with any other offer, with the exception of Bonus Offers on products. No cash value. Offer not applicable to purchases charged to store accounts and cannot be combined with certain offers to commercial clients. Bonus Offer applies to the total base reward miles earned on qualifying purchase amount or amount paid as a deposit on special order. Some conditions apply. Details in-store. <sup>111</sup>AIR MILES<sup>®</sup> reward miles available on selected products from June 17-18, 2011 at the LCBO. While quantities last. Offer subject to change without notice. See store for details. <sup>1111</sup>Minimum purchase of \$30 or more before taxes, after discounts and exclusions in a single transaction from June 17-19, 2011. One offer per applicable transaction only. This offer cannot be used in conjunction with any other store wide bonus offer. Offer subjected to change without notice. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Offer valid at participating Rexall<sup>™</sup> and Rexall<sup>™</sup> Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay. <sup>10</sup>Bonus AIR MILES reward miles offer applies to each qualifying purchase of a minimum of \$50 at participating Rexall/Pharma Plus, LCBO, RONA and Shell Canada locations in Ontario (excluding Thunder Bay) charged to your BMO AIR MILES MasterCard (excluding BMO AIR MILES MasterCard for Business and BMO Gold AIR MILES MasterCard for Business) between 12:01 am on June 17, 2011 and 11:59 pm on June 19, 2011. Your BMO AIR MILES MasterCard transaction must be posted to your BMO AIR MILES MasterCard account by June 30, 2011. AIR MILES Super Bonus Event Bonus reward miles will be credited to your AIR MILES Collector Account up to 90 days after June 30, 2011. You may only receive one 10 Bonus reward miles offer per qualifying purchase. Your BMO AIR MILES MasterCard account must be in good standing. AIR MILES reward miles will be earned on the amount of all eligible purchases, less credits and returns. <sup>®</sup>Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada. <sup>®</sup>Registered trademark of Bank of Montreal. <sup>®</sup>Registered trademark of MasterCard International Incorporated.

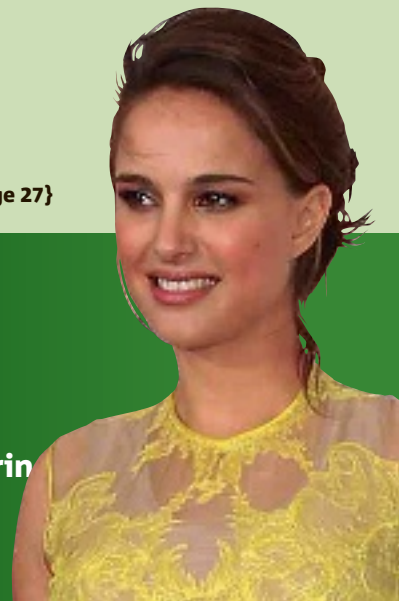


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**FATHER'S DAY**  
TIPS FROM SULTAN OF  
SIZZLE TO GRILL LIKE  
A MASTER {page 36}



**IT'S A BOY**  
PORTMAN SAYS  
SHE'LL BE OUT  
OF SPOTLIGHT {page 27}



OTTAWA

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Thursday, June 16, 2011  
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News worth sharin

JONATHAN HAYWARD/THE CANADIAN PRESS

**Believe it**

- Upset Vancouver fans riot, overturn vehicles in street, greet Bruins victory with chorus of boos
- Bruins dominate Stanley Cup final

► Former Ottawa Senator, now Boston Bruins defenceman, Zdeno Chara, hoists the cup following his teams win over the Vancouver Canucks in Game 7 of NHL Stanley Cup final in Vancouver yesterday. The Bruins won 4-0. See story, page 41.

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# Dozens to be arrested in drug crackdown

A five-month police investigation dubbed Project Infusion will result in 93 arrests and 423 charges laid in relation to street-level drug trafficking in the ByWard Market area, police say.

By yesterday afternoon, when the street crime unit's Staff Sgt. Kal Ghadban held a press conference, 37 arrests had been made. Ghadban said two dozen officers were out

rounding up the rest.

"The arrests that have already occurred were done so for the safety of the public," said Ghadban at police headquarters.

The project was aimed at "out-in-the-open" drug trafficking and use of illicit drugs like crack cocaine, marijuana and ecstasy.

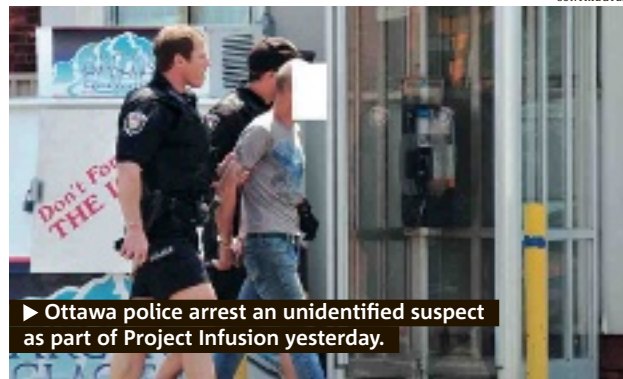
Police said drug trafficking often leads to other crimes such as robberies,

break-ins and vehicle thefts as people look to support their addictions.

"A project like this one works on cutting off the supply to the addicts, therefore giving them an opportunity to seek assistance and therapy," said Ghadban.

Of the suspects, 80 are male, 13 are female and eight are young offenders.

● JOE LOFARO



► Ottawa police arrest an unidentified suspect as part of Project Infusion yesterday.

# City schools receive \$55M boost

► Announcement should have included schools for Riverside South, says PC MPP Lisa Macleod

Ottawa will see about \$55 million of the approximately \$650 million the Ontario government announced it will spend on new school infrastructure across the province.

Ottawa's French Catholic school board was the big winner in the announcement yesterday, with around \$40 million in projects approved for the Conseil des écoles catholiques du Centre-Est (CECCE). Only a single Ottawa Carleton District School Board (OCDSB) project — an elementary school in Barrhaven — was included in the funding announcement. A new high school for the Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) will also go ahead in Kanata.

Ontario Minister of Education Leona Dombrowsky made the announcement

**"Barrhaven is exploding with growth, and so the new schools there are needed.... The reality is Riverside South needs some additional facilities and they weren't in the announcement."**

MPP LISA MACLEOD,  
NEPEAN-CARLETON

with Infrastructure Minister Bob Chiarelli at École élémentaire catholique Laurier-Carrière in Nepean. Laurier-Carrière will be getting a \$2.3-million addition to the school.

"This will go a long way to helping school boards across the province address their most critical capital needs," said Dombrowsky.

Bernard Roy, the director

► Ontario Minister of Education Leona Dombrowsky and Minister of Infrastructure Bob Chiarelli give the thumbs up with students of École élémentaire catholique Laurier-Carrière.



of education for the CECCE, said his board is one of the few that is growing in Ottawa with enrolment expected to hit close to 20,000 in September.

"Every time we build a school it's full," he said.

● SEAN MCKIBBON

## Overview

What the announcement means for Ottawa:

- A new OCDSB elementary school in Barrhaven.
- A new CEPEO secondary

school in Kanata.

- A new CECCE secondary school in Kanata.
- A new CECCE elementary school in Barrhaven.
- An addition to the CECCE's elementary school Laurier-Carrière in Nepean.



Health experts offer surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

## On the web

**Ottawa will join NASL, Metro has learned. The soccer league's commissioner will be here Monday to meet the owner of the Fury and introduce Ottawa as the newest franchise. Go to [metronews.ca/toronto/post/891093](http://metronews.ca/toronto/post/891093) for more**



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# It's as easy as PRESTO!

► City spending \$23.2 million on OC Transpo fare-card system, with \$9.2 million coming from province



JESSICA SMITH  
@METRONEWS.CA

With a seemingly magical wave of the hand, OC Transpo riders will be able to sashay onto a bus or train next May — if they have a soon-to-be-introduced PRESTO smart card, that is.

The city is rolling out the PRESTO system next spring, with an eye toward eventually allowing smart-credit and debit-card payment, in 2013.

PRESTO allows riders to wave preloaded cards past a reader as they board transit vehicles. It's already in use in parts of the 905 region,

and Toronto voted to fully implement the system last week. Riders will be able to pay with their PRESTO cards on any transit system in Ontario that uses it.

PRESTO will be phased in over six months, while the current passes will be phased out, said Jane Wright, a manager in transit services.

"At that point, we'll make a decision to stop selling traditional pass products. Tickets will have to stay for a little bit longer because we have a reliance from social assistance and some of the school boards and community agencies that use tickets," she said.



JORDAN STRAUSS/WIREIMAGE

► Give. Me. That Dress. Natalie Portman donated her Rodarte dress to The Power of a Girl competition, which was won by Ottawa's own Kate Ashwood. She gets the dress — and a trip to Kenya.

## Saving the world with girl power

CONTRIBUTED

An Ottawa girl has won a trip to Kenya and the dress Natalie Portman wore at the Los Angeles premiere of *Black Swan* in a fundraising competition held by Free the Children.

Kate Ashwood, 13, collected spare change and held a bake sale at Kitchissippi United Church to raise \$1,504 for a girls' high school in the Maasai Mara region of Kenya.

Portman is known for her work on behalf of women's advancement and animal rights.

Ashwood said she's excited about going to Kenya and meeting the girls who go to the new school. She will also participate in a community water project, help build another school, learn a little Swahili and go on a one-day safari.

She also can't wait to try on Portman's Rodarte dress.

The Power of a Girl



**"If you give a girl an education, hopefully they will create a chain reaction that will affect their whole community."**

KATE ASHWOOD

competition asked girls ages 13 to 21 to raise money for the Kenyan school. Ashwood was among the top five fundraisers, each of whom was asked to explain why they believe it's important to empower girls through education.

● JESSICA SMITH

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# The little O-Train that could

► Plan calls for tracks near Gladstone Ave., Brookfield pedestrian crossing



JESSICA SMITH  
@METRONews.CA

The city's transit commission approved a \$59-million plan to put twice as many trains on the O-Train tracks beginning in 2014.

The commission voted yesterday to approve the funds for six additional trains, which will increase the frequency of service from every 15 minutes be-

**"Each one of those trains have put over a million kilometres on them"**

TRANSIT COMMISSION CHAIR DIANE DEANS

tween trains to every eight minutes at peak periods.

The \$59 million will not go toward a separate plan the city is studying to expand the O-Train line south to the Leirtrim park-and-ride and Riverside South.

"Today what we're being asked to do is improve the

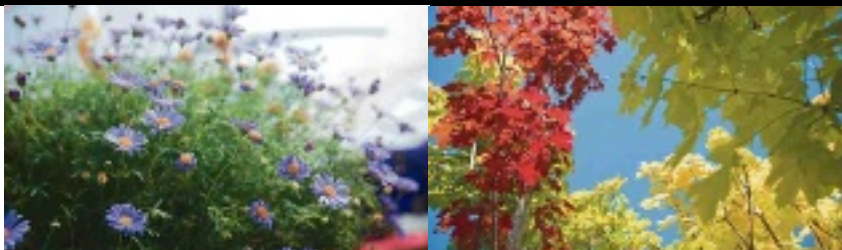
service on the existing line. If there is a decision in the future to expand, we'll consider the cost ... at that time," said commission chair Diane Deans.

Staff presented a business case to the commission that claims the acquisition of the new trains will be "fi-

nancially neutral" in 10 years because the increased O-Train service will reduce costs on bus service, making up for the money spent on the new trains and track improvements.

To make the purchase financially neutral, staff would sell the city's three current trains for almost \$6 million, a move the commission has not yet authorized.

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**Olympic. Medalist**



SEAN MCKIBBON/METRO

► Avid swimmer and Metcalfe resident Meagan Michie, 21, is getting set to travel to Athens on Friday, where she will compete in the Special Olympics World Games 2011.

Canada's golden swimmer

Meagan Michie, who has Prader-Willi syndrome, will compete in the 200-metre breast stroke and individual medley, 100-metre butterfly and 400-metre medley relay. At the Special Olympics Canada Summer Games in London, Ont., last year, she won one gold and five silver medals.

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# House slithering with snakes

- Infestation goes into walls
- Family gives up and flees home after 42 snakes caught in one day

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than \$180,000, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they'd purchased for their growing family in 2009 was infested with garter snakes.

The ground was so thick with snakes surrounding the home it appeared to move at times. Throngs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

**“It was just so stressful. It felt like we were living in Satan’s lair, that’s the only way to really explain it.”**

**AMBER SESSIONS. HOMEOWNER**

The family would frequently eat out because their well water carried the foul smelling musk that the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a “morning sweep” through the house to make sure none of the snakes had made it inside. That didn’t always work. One day, he heard his wife

scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she'd jumped onto a counter.

"I was terrified she was going to miscarry," he said.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he

couldn't do it anymore. He had waged war against the snakes and "they won."

He and his wife had little recourse, though, when they decided to flee the home. They had signed a document that noted the snake infestation. They said they had been assured by their real estate agent that the snakes were just a story.

invented by the previous owners to leave their mortgage behind. But the so-called Idaho snake house was no myth, according to the Sessionses, their neighbours, and the videos and photographs taken by them and past residents of the house.

The Sessionses filed for bankruptcy. The house

was foreclosed and they left in December 2009, the day after their daughter was born and just three months after moving in.

Now owned by JP Morgan Chase, the home has stayed off the market for the past several months while Chase decides what to do with it.

**THE ASSOCIATED PRESS**



► The snake house, near Rexburg, Idaho, is believed to have been built on a snake den. It's now up for sale. Inset: Garter snakes caught by the Sessions family in 2009.

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# Will and Kate to mix glam, goodwill in Cali

► California trip follows visit to Canada, the Royal couple's first overseas engagement since their wedding

Prince William and his wife, Kate Middleton, plan to combine red-carpet glamour with serious charity work during a trip to California next month, palace officials said yesterday.

The three-day visit to the Los Angeles area will be Middleton's first visit to the United States.

Private secretary Jamie Lowther-Pinkerton said the duke and duchess will attend a black-tie dinner at L.A.'s renovated Belasco Theater to introduce young British film talent to Hollywood executives on July 9.

Earlier that day, William will play at a charity polo match in Santa Barbara, with Middleton scheduled to award the trophy to the



► Catherine, the Duchess of Cambridge

winning team.

The royal couple also plans to meet inner-city youths involved in an arts program and to meet military families in Los Angeles to learn more about how veterans are reintegrated

into society. They will pack care packages bound for service personnel in Afghanistan.

The trip to California will follow a June 30-July 8 visit to Canada, where the couple's itinerary includes Canada Day in Ottawa, visiting the Northwest Territories and opening the Calgary Stampede.

Officials said Middleton, whose fashion choices have been widely praised since she took up her official duties, would not bring a special "dresser" on the trip but would rely on an administrative assistant.

A hairdresser will be part of the entourage, officials said.

THE ASSOCIATED PRESS



► Fans line up outside the Metro Vancouver office.

## VAN FANS DARED TO DREAM



JEFF HODSON  
@METRONEWS.CA

So it has come to this.

After nine months and more than 100 games of regular-season and play-off hockey, the league's best team was determined last night over 60 minutes.

It feels like the day when the Canucks will end 40 years of misery and heartbreak. I am, however, writing this ahead of puck drop.

In Vancouver, the sun is shining and people are out on the sidewalks in Canucks shirts and jerseys.

## HOME ICE ADVANTAGE



And, because the province ordered downtown liquor stores closed before the game starts, lineups were stretching out into the street.

By 1 p.m. yesterday, 100 people lined up on the sidewalk below our office, just for a place to watch the game.

There's a real Olympic-like excitement in the streets.

I hope it has the same happy ending.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

## Afghan army returns Canadian rifles

The Afghan National Army has given back thousands of C-7 assault rifles Canada donated in a \$9-million effort to bring the fledgling fighting force up to speed.

NATO, with its new training establishment, has quietly decided that the entire Afghan force should be equipped with American M-16s, of which the C-7 is a variant. It was the Afghans who, early in the war, asked for NATO weapons. THE CANADIAN PRESS

## 2,500

The 2,500 modified, surplus C-7 rifles, mostly vintage 1980s weapons, were handed over to the Afghan army by Canada with much fanfare between 2007 and 2008.



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# Russia's veggie ban steams EU

► Outbreak tapering off, officials suggest ► Farmers lose millions in euros each week of E. coli crisis

The European Union protested yesterday against Russia maintaining a broad ban on European-grown vegetables despite the identification of sprouts as the cause of a deadly E.coli outbreak.

German investigators last week said they had determined that vegetable sprouts from a farm in the north of the country were the source of the E. coli, and all indications are that the outbreak is tapering off.

The Robert Koch Institute, Germany's disease control centre, said only nine more people were reported sick yesterday compared with the day before, bringing the total number since the start of the outbreak in May to 3,244.

That figure includes 784 who have developed a serious complication that can lead to kidney failure.

Thirty-seven people have died in Germany, most recently a 90-year-old reported by Hamburg authorities, and one person died in Sweden.

More than 100 people have been sickened in 13 other European countries and in the U.S. and Canada, according to the World

## \$291M

The European Union yesterday approved a \$291 million US compensation package for fruit and veggie farmers, to help them through this devastating time.

Health Organization.

Russia initially banned all vegetable imports from Germany and Spain, then extended the ban to all vegetables from the EU on June 2 over fears of the E. coli bacteria.

Russia's President Dmitry Medvedev on Friday told European Commission President Jose Manuel Barroso that he was prepared to lift its blanket ban. Yesterday, the commission said it is now past time for Moscow to act. "The commission expressed its profound dissatisfaction that the lifting of the import ban, which was agreed between president Medvedev and Barroso at the summit, has not yet been implemented," spokesperson Pia Ahrenkilde Hansen said.

THE ASSOCIATED PRESS

MICHAEL SOHN/THE ASSOCIATED PRESS



► Two costumed men attend a cucumber and tomato eating contest in Germany this week.

## Tories aim to score big points in Game 7

The Progressive Conservatives are taking their fall election battle to what's expected to be one of the highest-rated TV events

this year.

The Tories launched an attack ad campaign aimed at Premier Dalton McGuinty that was paid to air last night during Game 7 of the Stanley Cup finals.

The TV and radio ads portray McGuinty as the "taxman" — a politician who has raised taxes and will do so again if re-elected this fall.

THE ASSOCIATED PRESS

## Facebook hires aide to Clinton

Facebook has hired Joe Lockhart, who served as press secretary during U.S. President Bill Clinton's second term, as vice-president of global communications. The 51-year-old Lock-

hart will start on July 15 in his new post.

Facebook has been padding its ranks with Washington insiders as it grows. Recently the company hired two aides of former President George W. Bush as lobbyists.

Lockhart has also worked as a TV journalist on CNN, NBC News and Sky Television of London.

THE ASSOCIATED PRESS

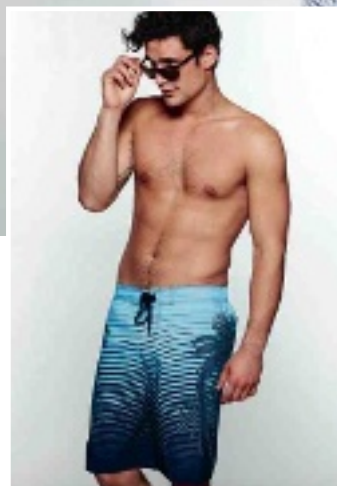
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# Recession stalls battle vs. poverty

- ▶ Almost one in 10 Canadians are poor, says StatsCan
- ▶ Agency has not determined an official poverty line

The recession stopped progress on poverty in its tracks and took a bite out of incomes in Ontario, British Columbia and Alberta, new numbers from Statistics Canada show.

The agency says the low-income rate edged up in 2009 to 9.6 per cent — the second straight year poverty increased after more than a decade of steady declines.

"It's not very encouraging," said Rob Rainer, executive director of Canada Without Poverty.

He points out that most provincial governments now have anti-poverty strategies that are well-entrenched. He had been

**3.2M** About 3.2 million people now live on low incomes, including 634,000 children, StatsCan says.

hoping to see some positive results despite the recession.

Instead, the percentage of people living below the low-income cutoff has climbed slowly, from 9.2 per cent in 2007, to 9.4 per cent in 2008 — the first year of the recession — and now to 9.6 per cent.

"Our overall income and wealth redistribution system is not up to the task," Rainer commented.

And children were vulnerable during the recession, with their low-income rate rising to 9.5 per cent in 2009 from 9.0 per cent a year earlier.

But the picture of the recession is one of stagnation rather than complete catastrophe. The median after-tax income for Canadian families was \$63,800 in 2009 — about the same as a year earlier.

Recessions have deepened poverty in Canada for years, and exacerbated the gap between rich and poor. Many analysts feared the pattern was repeating itself. So far, that doesn't seem to be the case. **THE CANADIAN PRESS**

Kick. Off



▶ A Greek riot police officer kicks a protester yesterday who was trying to calm other protesters during clashes in Athens' main Syntagma square.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

## Greek protesters clash with police

Hundreds of protesters clashed with riot police in Athens yesterday as a major anti-austerity rally degenerated into violence outside parliament, where the government was to seek support for new cutbacks to avoid a disastrous default.

## Workers' passports held captive

A Hawaii farm supervisor pleaded guilty yesterday to confiscating passports

from about 600 Thai labourers to prevent them from fleeing work sites.

Sam Wongsesanit, 40, is charged with conspiracy. **THE ASSOCIATED PRESS**



## SOMETIMES CANADIANS ARE JUST TOO POLITE FOR THEIR OWN GOOD

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## CIA: Informants detained

► Agency says Pakistani major among group arrested  
after Osama bin Laden's assassination earlier this year

The Pakistani army denies that one of its majors was among a group of Pakistanis who western officials say were arrested for feeding the CIA information before the American raid that killed Osama bin Laden.

The New York Times, which first reported the arrests of five Pakistani informants Tuesday, said an army major was detained who copied licence plates of cars visiting the al-Qaida chief's compound in Pakistan in the weeks before the raid.

A western official in Pakistan confirmed that five Pakistanis who fed information to the CIA before the May 2 operation were arrested by Pakistan's top intelligence service.

But Pakistani army spokesman Maj.-Gen. Athar Abbas denied an army major was arrested, saying the report was "false and totally



► A local resident walks near the house where al-Qaida leader Osama bin Laden was caught and killed in Abbottabad, Pakistan, on May 2.

baseless." Neither the army nor Pakistan's spy agency would confirm or deny the overall report about the detentions.

The group of detained Pakistanis included the owner of a safe house rented to the CIA to observe bin Laden's compound in Abbottabad, an army town not

far from the Pakistani capital of Islamabad, a U.S. official said. The owner was detained along with a "handful" of other Pakistanis, said the official.

The western officials spoke on condition of anonymity regarding sensitive intelligence matters.

THE ASSOCIATED PRESS

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# Careful what you tell him ...

► It's no secret — WikiLeaks is using eBay to offer a lunch date with founder Julian Assange ► Eight guests will dine at a top London resto



► Assange

It may be the ultimate indiscreet lunch.

WikiLeaks is offering eight people the chance to dine with founder Julian Assange as a fundraiser for its secrets-spilling work.

Bidding on eBay started Monday at \$568 a head.

The site says guests will dine July 2 at "one of London's finest restaurants" with Assange and Slovenian Marxist philosopher

## What is Wiki?

- WikiLeaks calls itself a not-for-profit media organization.
- Its website says its goal is to provide an innovative, secure and anonymous way for sources to leak information.

Slavoj Zizek.  
Later that day, the pair

are due to give a talk about WikiLeaks' impact.

The U.S. is investigating whether WikiLeaks broke the law by releasing thousands of secret government documents.

Assange is on bail in Britain as he fights extradition to Sweden on allegations of sexual misconduct, which he denies.

THE ASSOCIATED PRESS

## Kids. Forced to flee



► A woman surrounded by children in a Turkish refugee camp shouts during a protest yesterday against Syrian president Bashar Assad. More than 8,000 Syrians, half of them children, have sought refuge in camps in Turkey to escape a military crackdown in Syria.

VADIM GHIRDA/THE ASSOCIATED PRESS

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# Yemen attacks on rise

► U.S. fears growing connection between al-Qaida-linked militants and Somali insurgents ► White House increases CIA officers in Yemen

## Links to al-Qaida

- Yemen is the southern corner of the Arabian Peninsula near the Gulf's vast oil fields and strategic shipping lanes in the Arabian and Red seas.
- The nation is home to one of the most active al-Qaida branches, which has been linked to several nearly successful attacks on U.S. targets including the plot to bomb a Detroit-bound airliner in 2009.
- U.S.-born Muslim cleric Anwar al-Awlaki, who lives in Yemen, is on a U.S. kill-or-capture list. He is accused of inspiring U.S. attacks including the 2009 shooting at a Texas military base.

Al-Qaida-linked militants temporarily seized parts of a provincial capital in southern Yemen yesterday, the latest in a series of brazen attacks by extremists taking advantage of the turmoil in the nation.

Up to 200 militants launched a surprise dawn attack on Houta, killing one soldier and wounding three before taking control of several neighbourhoods, according to security officials.

The fighters are expanding their reach after wounded President Ali Abdullah Saleh left Yemen for Saudi Arabia and cast the country into deeper chaos.

Saleh, 70, left Yemen for treatment of wounds he suffered in a rocket attack on his compound in Yemen's capital, Sanaa.

The nation's leader of nearly 33 years, Saleh has held onto power in the face of massive protests

demanding his ouster since February. Some of his top aides, military commanders, cabinet ministers and diplomats have defected to the protesters' side. This month, troops loyal to him fought rival tribesmen in Sanaa's streets with artillery.

The turmoil has created a vacuum in Yemen, the Arab world's poorest nation, threatening to cause the country to unravel.

THE ASSOCIATED PRESS

## HUMAN RIGHTS ON U.S. AGENDA

The United States has named China, Iran, Libya, North Korea and 10 other nations that it wants the UN to hold accountable for alleged human rights violations.

The U.S. ambassador to the UN Human Rights Council said yesterday "too many governments repress dissent with impunity."

The U.S. list of alleged

human rights offenders also includes Bahrain, Belarus, Cuba, Myanmar, Sri Lanka, Sudan, Syria, Venezuela, Yemen and Zimbabwe.

THE ASSOCIATED PRESS



► An anti-government protester shouts slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh in Sanaa, Yemen, yesterday.

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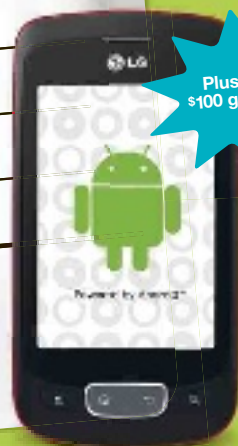
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# Postal strike down for the count

► Labour minister serves notice that she will order posties back to work ► Bill could be debated Monday

Ottawa is preparing back-to-work legislation for Canada Post, setting the stage for a resumption of mail service as early as next week.

Labour Minister Lisa Raitt told the House yesterday that she was tabling notice of intention to introduce the legislation, meaning the bill could be up for a vote next week.

"The strike is now affecting the Canadian economy and it has an effect on third-party Canadians who

are not part of this dispute but are the ones who are suffering," she said.

But the government says it still hopes the striking parties will reach a deal before legislation is needed.

The Canadian Union of Postal Workers has also said it doesn't want to be ordered back to work, and blamed Canada Post for forcing the government's hand Tuesday night by locking out workers and suspending urban service.

THE CANADIAN PRESS

## 48 hours

► Under the rules of the House of Commons, the government must give 48 hours' notice before it can introduce new legislation. Since Parliament will not sit tomorrow, the bill is expected to be debated next week.

► Canada Post says the rotating strikes, which began June 3, have cost it about \$100 million.



► Canada Post's lockout of striking workers was a game-changer, Labour Minister Lisa Raitt says. After a Conservative caucus meeting yesterday on Parliament Hill, she announced the government's intention to introduce back-to-work legislation.

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## U.S. must swallow bitter fiscal pill, Flaherty says

It's not often a Canadian politician goes to the U.S. to offer advice, but Finance Minister Jim Flaherty took that diplomatically risky chance yesterday when he told New York business elites the U.S. needs to get its fiscal house in order.

In a blunt talk to the Canadian Association of New York, Flaherty said the U.S. needs a solid plan to eliminate the deficit and reduce debt. There is no time to waste, he said, because the fate of the global economy depends on the decisions being made in Washington.



In his speech, Flaherty specifically named Paul Ryan, the Republican chairman of the House budget committee, who wants to repeal U.S. President Barack Obama's health-care law, put hard caps on domestic spending and limit Medicare.

THE CANADIAN PRESS

# No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks are scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service

agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will



► Striking Air Canada counter workers try to drum up support yesterday outside Terminal 1 at Pearson International Airport.

not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

## Strike force

► Striking Air Canada staff received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.

► Some striking Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton.



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# A WEIGHT OFF HIS SHOULDERS

## HE SAYS ...

JOHN MAZEROLLE  
METRO



How you feel about your weight depends on which way your waistline is headed. To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on *Twilight*, or you're gaining weight and transforming into a disgusting amorphous creature from *Star Trek*, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on The Biggest

Loser, but it's all relative. For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu, Whale of the Schoolyard.

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

- Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.
- Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.
- Choose empty calories, which are presumably lighter than full ones.
- Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!

That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness.

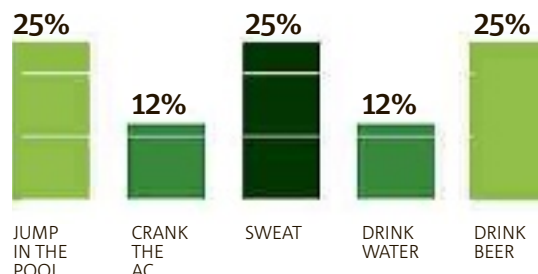
And remember, I haven't gotten a fat head. It's just big-boned.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



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**metrolifepanel.ca**  
and take the quick poll

What are you doing to beat the heat?



## Worth mentioning

**TORONTO.** A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

THE CANADIAN PRESS

## Cartoon by Michael de Adder



## WEIRD NEWS

## Dr. Seuss would be proud

Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme *Go The (Bleep) To Sleep*. The star of



such films as *Pulp Fiction* and *Snakes On A Plane* is known for his way with a four-letter word. *Go The (Bleep) To Sleep* is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in *The Mountaintop*.

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## Turkey visit



Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border. At least 8,000 Syrians have fled to Turkey to escape a crackdown on an anti-government uprising.

THE ASSOCIATED PRESS



Oscars shakes up best picture nominee rules, will now allow between 5 and 10 films



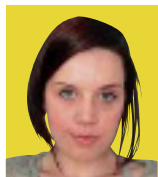
► The Ottawa Fringe Festival kicks off today.

# To the fringe and back

► Fringe Festival brings performers from all walks of life ► This year they're looking for volunteers ► All the box office revenue goes to artists

## BACKSTAGE PASS

JEN TRAPLIN  
METRO OTTAWA



The Ottawa Fringe Festival is a festival like no other. For starters, it's not based on just one art form, but brings together all sorts of different performers from all levels of artistic backgrounds. And 100 per cent of the box office revenue goes directly to those artists, which can make

planning the festival kind of tricky.

"Having to pay for a festival without that main source of revenue," says executive producer Natalie Joy Quesnel, "it's an interesting logistical process. So we depend a lot on donations."

And, for anyone who wants to donate, the Fringe Festival has made that process really easy. Last year, they became a registered charity so you can donate directly to the Ottawa Fringe, no matter the amount.

"We do a lot with very little," boasts Quesnel.

"Even a \$20 donation makes a huge difference. That actually clothes a fair amount of my volunteers."

Quesnel is the main festival organizer year round. A few months before Fringe, she brings in a staff of roughly 20 people. And, as the festival kicks off, about 300 volunteers are added to that roster.

"Volunteers are absolutely crucial," says Ottawa Fringe Festival Volunteer Coordinator Louisa Haché. "Our team tackles every aspect of the festival."

Volunteers are responsible for everything from op-

erating the Front of House (at all fifteen of the festivals venues) to sales and security.

So, why sign up to commit your time for free? Haché says it gives people "the chance to give back to a festival that has done so much for the arts community in Ottawa."

They also get to catch some of these performances for free.

The festival kicks off today and runs through next weekend. Go to [ottawafestival.com](http://ottawafestival.com) for the full schedule and, Quesnel says, don't be afraid to check out something new.

## D-TOX Rockfest

When: It starts tomorrow and runs through until Sunday

Where: Montebello, Quebec (111 rue Laurier)

Price: \$42.50 for a day ticket or \$52.50 for a weekend pass

► What else is going on this weekend? This weekend, some of the biggest names in rock will descend upon Montebello, Quebec for Rockfest. Check out NOFX, Lamb of God, Descendents, Pennywise, Underoath and more. Directions and info on hotels and campsites in the area can be found at [pnrockfest.com](http://pnrockfest.com).

## What does Randall Denley think of Tim Hudak?

"...look to PC leader Tim Hudak... so far, there isn't much to see." (Ottawa Citizen, November 28, 2010)

"[Hudak has] positioned himself as yet another guy who will do anything to buy your vote with your money." (Ottawa Citizen, November 20, 2010)

"Tim Hudak's tactics... have been juvenile and ineffective." (Ottawa Citizen, December 7, 2009)

"Hudak plays politics like the Ottawa Senators' Chris Neil plays hockey. There's a lot of banging and crashing, but not much to show on the scoreboard." (Ottawa Citizen, December 7, 2009)

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# Taking truth to a dark place

## ► Junior Boys' disappointment with last CD fuels new disc, It's All True ► Latest effort is now available



► Junior Boys are Matt Didemus, left, and Jeremy Greenspan.

Last year, Junior Boys lead vocalist Jeremy Greenspan retreated to Shanghai to work on the electronic pop duo's new album thinking that a departure — in every sense of the word — might be just what he needed.

He was still dealing with his disappointment over what he felt was an indifferent response to the Hamilton pair's last record, 2009's *Begone Dull Care*, as well as some "pretty difficult" things going on in his personal life.

And the aptly titled *It's All True*, which hits stores this week, finds Greenspan dealing with pretty much all of it — which 'means it wasn't a particularly easy record to make.

"It was like therapy, you know?" Greenspan, 31, said in a recent phone interview. "I was basically dealing with lots of feelings of getting old and los-

**“It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make.”**

JEREMY GREENSPAN

“It was kind of more introspective.

"The record also is kind of technically complex to make, not just from the perspective that it was made in different facets and different places, and just the production of it was more elaborate."

That elaborate process began with Greenspan's Chinese sojourn.

The original impetus for the trip was to visit his sister, who lives there, but he also suspected it would be an interesting place to work.

He was there for two months, and recruited local musicians who would be willing to play traditional Chinese instruments on the record.

“They were almost bemused or befuddled that I wanted to record it at all,” Greenspan said of working with the local musicians.

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► Howie Mandel

# Mental illness doesn't stop Howie Mandel

► Award at Banff fest honours Canadian comic

Canadian funnyman Howie Mandel had them rolling in the aisles in Banff this week, even

though the subject was really no laughing matter.

The actor, comic and game show host received the award of distinction at a ceremony at the Banff World Media Festival — an annual gathering of TV writers, producers, broadcasters and stars.

"I have mental health issues as it is and as I sit and talk to you I am medicated so the highs and the lows aren't really bothering me. I'm just floating in the middle," acknowledged Mandel, 55, in a question and answer session before a large audience.

"I am tortured but I came to this game pretty tortured," he said, then smiled and asked: "Why are you laughing at me when I said I'm tortured?"

Mandel has both obsessive compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD) and has written about both in his autobiography "Here's the Deal: Don't Touch Me."

But Mandel finds it therapeutic to talk about his upbringing in the Toronto area where he says he was always a loner and had no friends.

"I weighed 89 pounds

and my voice didn't change and I didn't shave and I looked like a girl. I could stand in the ladies room and brush my hair. That's how I met my wife. Second date she found out I was a guy," he said with his trademark laugh. "I don't want to touch things. I was always nervous and neurotic and afraid."

"I wouldn't tie my shoelaces at school. If mine came undone, I wouldn't pick them up to retie them because the laces were on the floor," Mandel said.

"I'd be angry. I would be anxious and angry and then I'd go home and take a shower until my Mom would say it was dinner time. I would be in the shower for hours and I'd use every towel."

His mental health issues don't appear to have held him back in his career. He did gigs at Yuk Yuk's comedy club and spent six seasons on St. Elsewhere.

He also began hosting Deal or No Deal, which was difficult for a man who doesn't want to shake hands for fear of germs.

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# It's a baby boy for Natalie Portman

► Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine.

The Oscar-winning ac-

tress and the baby's father, dancer and choreographer Ben Millepied, met on the set of Black Swan and are engaged to

be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be

out of the public eye after [the baby's born]," Portman told People magazine.

● METRO



► Natalie Portman

ALL PHOTOS GETTY IMAGES

## Arrests over threats to singer Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag. ● METRO



► Joss Stone

## Richards: There were some good times



► Denise Richards

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

● METRO

## Justin likes to mellow out

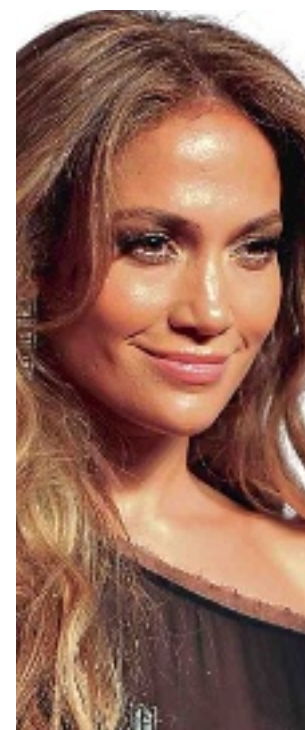
Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he needs a little help to stop and smell the roses. "I feel I'm just get-



► Justin Timberlake

ting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says.

● METRO



## Lopez may not return to Idol

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I want to do for the next year."

● METRO

### Celebrity tweets



"You don't change, you just become more like yourself..."



@jeremypiven



@Alyssa\_Milano

"I wanted to name my son Kofax or Clemente."



@TheRealAlii

"Traveling with an infant is the most complicated carry-on baggage ever created! Is there a phd for all the gear?"



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3  
lifeTrend of  
the weekFANCY  
HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.



Canadian designer Nada Shepherd suspends operations of NADA label.

## A summer of soft, sultry skin



► Model Joan Smalls expertly nailing summer skin care rule number 3.

► Heat, humidity, air conditioning, car exhaust fumes, and overall pollution don't exactly mix well with lip gloss, bronzer, blush and self-tanner ► Mary Schook, a facialist and make-up artist in New York, gives advice on how to avoid common summer beauty pitfalls

1

**DON'T WEAR  
MAKE-UP OVER  
YOUR SUNBLOCK**

"The whole point is for the sunscreen to block all of the sun's rays," says Schook, a skincare guru who is the woman beauty editors and models go to for clear, glowing skin. "It should definitely be the last thing you put on your eyes and technically, it should be the last thing to go on your face so that the zinc and titanium can refract the sunlight," she explains. "But use your judgment with the face make-up and if you do wear foundation with built-in sunscreen, be sure to reapply it every two hours."

2

**CLEAN YOUR FACE  
MID-DAY IF YOU  
HAVE TO**

"Too many women reapply their make-up throughout the day when it's honestly better to just wipe all of the make-up and oil off with a little Witch hazel and start over," she says. "The Witch hazel works because it rebalances the pH balance in your skin, which protects and prevents it from getting too oily. If you just pile the make-up on, you'll breakout later."

3

**KEEP YOUR HAIR  
OUT OF YOUR FACE**

Those bangs might look great in the salon, but they could potentially wreak havoc on your forehead later. "Hair products with silicone in them can irritate the face and block pores, which is why it's so important not to wear your hair in your face during summer," she explains. "So when the weather heats up, you not only need to think about changing up your skin-care regimen, but your hair care products too."



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# Super cool runnings

► With so many running shoes on the market, picking the right pair can be a game of Roulette ► Get to grips with the science behind the soles



**RICHARD PECKETT**  
WWW.METRO.LU

METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

## Nike LunarGlide +3

\$100, [nikestore.com](http://nikestore.com)  
(available July 1)

LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunarion core foam and firmer carrier foam to give you the feel of running on air.

## Asics GT2160

\$100, [asics.com](http://asics.com)

This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

## adiSTAR Salvation

\$140, [adidas.com](http://adidas.com)

Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot spin.



## Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiropodist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).

Asics GT2160



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## LOOK THE PART



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## NEW BALANCE NBX top

\$57, [shopnewbalance.com](http://shopnewbalance.com)



## ASICS Kayano socks

\$15, [asics.com](http://asics.com)

# One shoe, two shoe, brown shoe?

► Lock away those squeaky, black wingtips ► Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul

Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe

can be worn with both grey flannel trousers and jeans, that's the

one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day,



switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend

change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS



# Choosing a couch colour

► Be on trend but play it neutral when choosing a sofa ► Consider your lifestyle and the room it lives in

## DESIGN CENTRE



KARL LOHNES  
HOME@  
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**Q:**  
Hi Karl,  
I have an open

concept living room and dining room space. My floors are dark brown and the walls are a medium grey tone. I wanted to know what colours I should consider when buying the living room couch and chairs. Any recommendations?

-Michael, Etobicoke, Ont.

### Invest in quality

A: The first thing to choose is the largest piece of furniture, which is the sofa.

It's also the largest investment so make sure you shop around and choose the best quality that you can afford.

Your sofa should last you at least five to 10 years so the style, fabric and quality should be the best you can afford.

### Think lifestyle

Choose a style of sofa that suits your lifestyle and the space you are putting it in.

Will you be watching television on this sofa? If so, you will want a sofa



COURTESY: URBAN BARN

► A mid-century styled sofa with low back and modern tufting adds a sophisticated look for a great price. Cedric Sofa, \$999, Urban Barn.

with deep seats and soft, comfortable cushions.

If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

### Don't be afraid to mix it up

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area.

I suggest a lower back sofa and two taller-backed chairs in the living area.

### Size matters

Consider the right sized sofa for the room.

Here's the rule of thumb: the sofa's length should be 2/3 of the room's width.

For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably.

Chairs that blend with the sofa's style (square-ish



COURTESY: CRATE AND BARREL

► An open-backed wooden chair will allow a smaller space feel visually more open. Ankara Chair, \$799, Crate and Barrel.

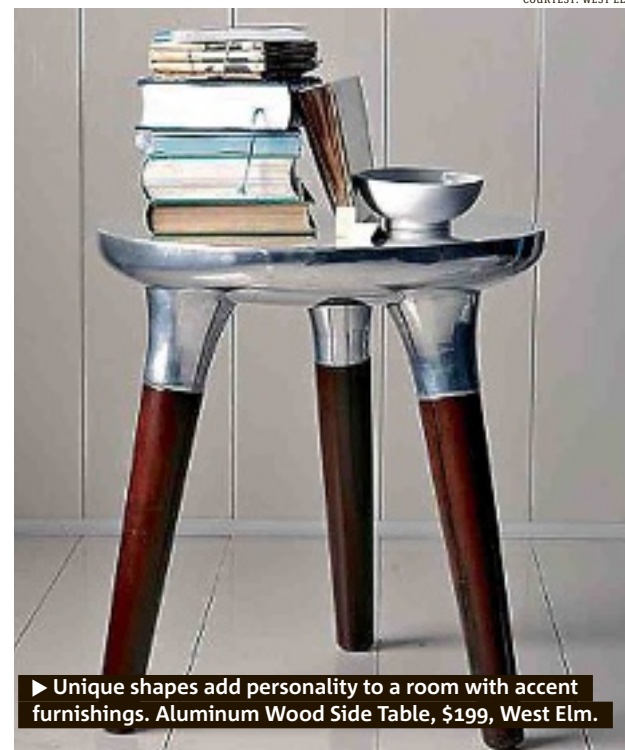
arm styles, deep seating, quality and construction) but do not match will work best.

This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

### Furniture advice

I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while.

It also gives you the opportunity to add some au-



COURTESY: WEST ELM

► Unique shapes add personality to a room with accent furnishings. Aluminum Wood Side Table, \$199, West Elm.

thentic mid century modern cabinets or tables to the room (easily and inexpensively found on Craigslist and Kijiji which are free buy/sell websites).

Got a decor question for Karl? Each month Karl will answer a decor question in his Design Centre column. Email your question (keep it to one specific question please) along with a digital picture, your name and hometown to [home@metronews.ca](mailto:home@metronews.ca). Karl regrettably cannot respond to all questions emailed.

### Karl's tips

- **Styles** Keep overall styles clean lined and modern.
- **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.
- **Accessorize** Add colours to the room through art, area rugs and pillows.
- **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

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# If these walls could Talk

Wall decals have quickly become the fast food of home decorating. Inexpensive and easy to install, these peel-and-stick pieces of vinyl are popping up on walls in every room of the house.

From pithy sayings and motivational phrases to bold graphics and even wall-size murals, decals come in every shape and size. The convenience is obvious: They add a dash of colour and graphic punch with practically no commitment.

Bored with one? Peel it off and move it elsewhere. Or, assuming it cost you only a few dollars, throw it away when you're ready for something new.

But do decals pass the style test? "Those old-fashioned, 'Home Is Where the Heart Is' kind of sayings in that script, I think those are a little cheesy," says designer and TV host Sabrina Soto, a guest designer on HGTV's new series HGTV'd.

But Soto, Betsy Burnham of Los Angeles' Burnham Design and Brian Patrick Flynn of decordemon.com all agree there are ways de-

cals can work well — especially if they're used with a dose of irony. sensibility, decals definitely have their place.

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and humour.

In traditionally decorated homes, decals can look tacky. But in homes already decorated with a modern

## SMALL SPACES

In a spare room or an awkward space that's hard to decorate, try a single, graphic image decal.

## Creative spaces

Flynn likes the whimsy of decals in spaces where someone wants to think creatively.

- They're perfect, he says, for a space "where an interior designer might be doing their design plans, or artists might be doing their paintings or a graphic designer might be putting together their stuff."
- "You can add graphic pattern and shape, breaking up otherwise just really boring painted walls," he says

"It gives depth to a room and gives some interest to the architecture," Burnham says. Many retailers offer black silhouettes depicting things like lamps or chandeliers that add interest to an otherwise blank wall.

In small bedrooms, a headboard decal is "a great way to have fun without taking up any space," Soto says.

## COOL KIDS' ROOMS

If you avoid the licensed-

► Inexpensive and easy to install, decals are popping up on walls in every room of the house

► But do decals pass the style test? Three top interior designers weigh in on this new decorating trend



► Easy-stick fun: The Little Boutique wall decal of a tree (released by Toys "R" Us)

character decals depicting popular cartoon characters, you can actually bring some style and sophistication to kids' rooms with decals.

Try oversize images of

the outdoors (Target.com offers a wall-size close-up of a patch of bamboo) or letters and words (but not those excessively heart-warming ones).

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SCAN ME



# Picturesque picket fences

► A picket fence adds instant charm to entranceways and showcases landscapes while providing privacy

## DIY IDEAS

Follow the steps below to give your picket fence some DIY TLC. Nicole Curtis hosts Rehab Addict (airing Wednesdays at 10 p.m. ET on DIY Network Canada), returning run-down historic houses to their former glory.

### Spruce it up

You should power wash a picket fence every year, and paint or stain it every other year. Use a hose or pressure washer to wash it. Then fill a bucket with soap and water and wash each picket to eliminate grime and dirt. If you are re-painting, use gloves, a

safety mask and glasses to remove old paint with sandpaper, paint remover and a putty knife. Rinse the fence again with a hose or washer. Let the fence dry, then paint according to the manufacturer's directions in the appropriate weather (ensure rain is not forecasted or humidity too high for the paint to dry).

### Replacing pickets

Replacing pickets is a simple task for fences that have fallen into disrepair. Remove the old picket by hammering in the opposite direction of the nails, using a crow bar to finish. If you don't have a pre-made picket on hand, simply place the old one on a piece of wood that is the

same thickness and width to trace the outline, and then cut the new picket with an electric jigsaw. Attach the new picket by hammering two galvanized nails into each rail. Finish by staining or painting to match the rest of the fence.

### Other tips

To keep your fence in top shape, avoid soil build-up around the bottom by raking it regularly. This prevents wood from rotting and water damage. Watch for loose nails in your fence; they are a safety concern for kids and animals. If one is found, simply hammer it back in or remove and replace it.

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# Breezy picnics

▶ Quick and easy tips for enjoying outdoor eats in style



1

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2

## Get in the mood

Nothing adds mood lighting to your backyard or rooftop meals like the sweet glow from a lantern.

Martinique tall lantern, \$15; crateandbarrel.com



3

## Instant makeover

Give that rusty picnic table a cheerful makeover with a colourful printed tablecloth.

Anthropologie Ikebana table cloth, \$78; anthropologie.com

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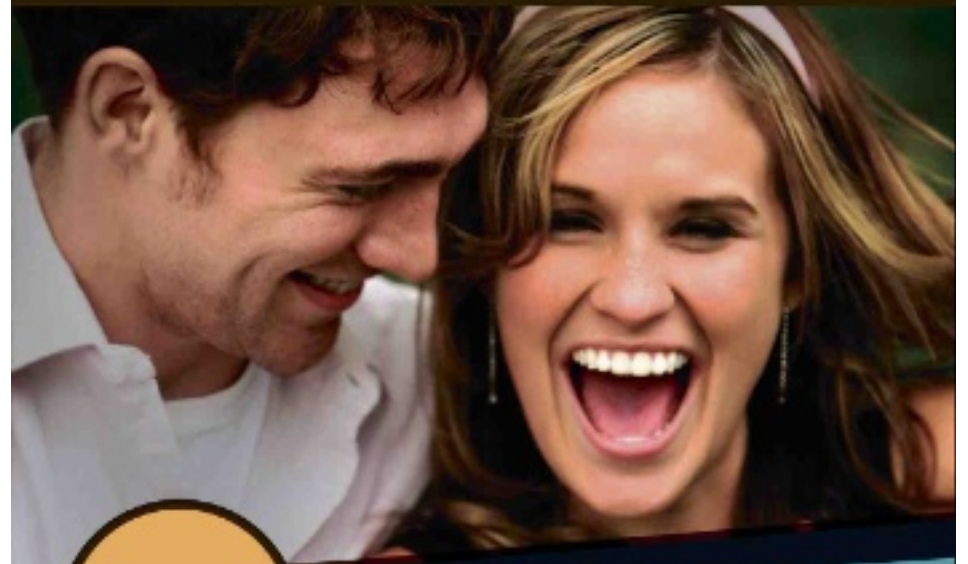
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## HOME RENOS

► The “after” shot of a deck designed by Paul Lafrance and his team.

## Decking out that perfect space

► Canadians’ ideal backyard has shifted from ‘a bit of lawn and fence’ to ‘an outdoor space where they can relax and entertain,’ says HGTV’s Paul Lafrance ► When selecting a deck, consider your lifestyle

PETER  
DOYLE  
FOR METRO

If there is a single lesson Paul Lafrance has learned from creating more than 1,000 decks, it is the importance of design.



► Lafrance

“Decks are much more personal than most people think,” he says. “The best

deck is one that fits someone’s particular tastes and lifestyle.”

Lafrance owns Cutting Edge Construction and Design, and hosts Decked Out, a weekly program on HGTV. Each episode follows Lafrance and his crew as they design and build a deck. The projects vary from a multi-level installation featuring a hot tub and a four-season room, to a simple — but no less elegant — deck. According to Lafrance, the show’s popularity reflects Canadians’ changing attitudes about backyards.

“Traditionally, the backyard was simple and utilitarian — a bit of lawn and a fence,” he says. “Today, peo-



► This is the deck before Paul Lafrance and his team began working on it.

ple want an outdoor space where they can relax and entertain. A deck is an extension of the home and it should be both comfortable and welcoming.”

Lafrance begins each project by getting to know the client: whether they prefer sun or shade, for in-

stance, and how they’ll use the deck (e.g. to read, barbecue, or entertain friends). Lafrance also pays close attention to the house itself and the immediate surroundings.

As the popularity of decks has grown, so too have other features and ma-

terials. LED lighting and built-in furniture are now common, while composite materials — a mix of recycled wood and plastic — come in a variety of

colours, textures and shapes. “And, using composites, I can create rounded decks instead of the traditional box shapes,” says Lafrance.

## Top three deck tips

- 1 The BBQ**  
“The number one reason most people go onto the deck is to barbecue, so find the best place for it,” says Lafrance.
- 2 Seating area**  
“Sun, shade, or a mix of both? Orient the deck appropriately and add elements such as pergola as needed.”
- 3 Everything else**  
“Hot tub? Four-season room? Gas fireplace? Include whatever adds comfort.” **PETER DOYLE**

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# Privacy, durability top of fence wish list



It used to be said that good fences make for good neighbours, but these days renovating homeowners prefer tall fences to block out their neighbours altogether.

"People like privacy. The yards are smaller, so the fences get higher," says Wally Montpetit, owner of Fence-All in Ottawa. "In the '80s a popular fence was five feet high — now it's seven feet high."

The most popular material this year is PVC. The tough vinyl is more expensive than wood, but is guaranteed for life and requires little maintenance.

PVC is always tongue-and-groove, meaning you can't see through it.

Iron fences are popular for people who want a fence that maintains a view or surrounds a pool. If you want more fence for your finances, installed chain link is popular at about \$20 a square foot.

"It'll do everything a fence does, except for privacy," Montpetit says.

Wood fences cost between \$40 or \$50 per square foot and PVC is between \$55 or \$65 per square foot.

Siavosh Noruziaan, owner of Ottawa's Empire Deck and Fence, says homeowners can add lattice or post caps to a fence for a little extra flare.



► Wood fences are less expensive but suffer more wear and tear, and require more maintenance. Consider slightly more expensive but more durable materials, such as PVC.

"You want nice gate hardware — something you can open from both sides," Noruziaan says.

Noruziaan's company provides raw materials or

will do a full installation, depending on the homeowner's preference. He says a popular option is to hire a company like his to do the heavy work.

## Fencing Tips

► You can build a fence up to seven-feet tall to ensure privacy.

► Choose a low maintenance material with a longer lifespan.

► Request full installation.

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- Jen & Al Greer, Episode 2

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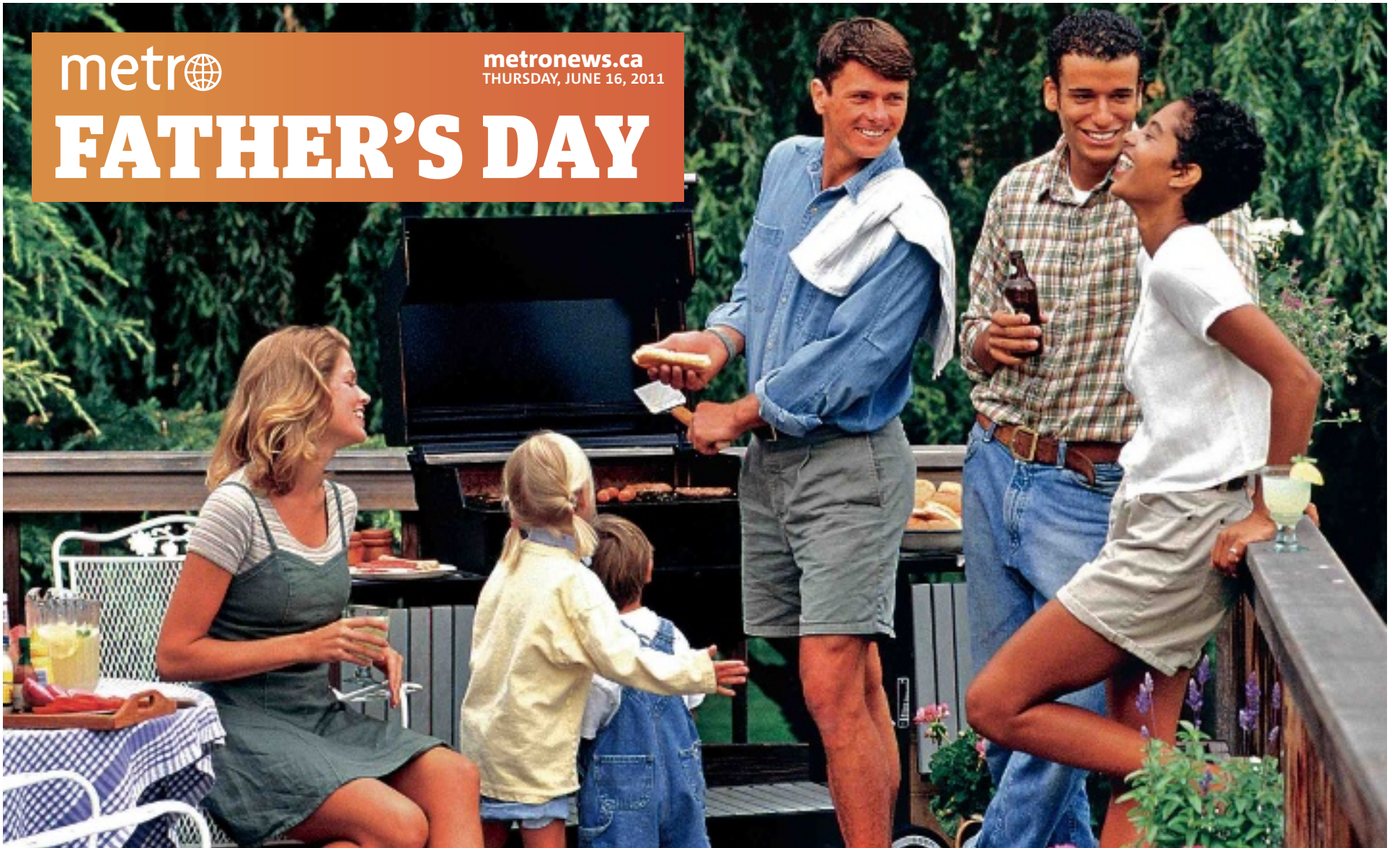




metro

metronews.ca  
THURSDAY, JUNE 16, 2011

## FATHER'S DAY



# Grill up a storm for the master of your house

► Whether he's in the mood to feast like a king or grill like a master, Metro has some great recipes for happy bellies

JON  
TATTRIE  
FOR METRO

Nothing says Happy Father's Day like a barbecue, so Metro consulted one of Canada's leading grillers about how to cook the perfect meat for your man this Sunday.

Ted Reader is the sultan of sizzle, the gourmet of the grill and the man GQ magazine dubbed the Crazy Canuck Barbecue

Kingpin. A new father himself, he'll be breaking out one of his 100 barbecues to cook up a meal for his family, including his father-in-law.

And that's his first piece of advice: let your man loose. "Dad may just want to grill his own, so help dad create that menu for father's day," he says. "We know dad's going to want be master of his grill."

Helpers can hit the shops for meat and potatoes, and to mix up a big salad. Reader is cooking a 75-day dry-aged tomahawk rib chop. "I'm the one that's grilling that, because I want my steak my way," he says.

If your father would prefer to be fed, Reader has advice for greenhorn grillers. It is a family day, so invite your loved ones, keep the menu simple and

fun and supply lots of cold drinks.

Go for something like burgers or chicken. For burgers, make them fresh and keep them in the fridge for an hour after you assemble them so they firm up. Heat up the barbecue and grill them lid-open, medium heat. "Nice and easy does it. Don't push them, don't squish them," Reader advises.

Two of his recommended recipes are his Better Butter Burger and the Beerlicious Beer Butt Chicken, both available at [tedreader.com](http://tedreader.com).

Any time you feel the urge to poke it or cut it open to peek inside, stop and instead take a long drink of your beer or chocolate milk. "Patience is everything," he says. "The less you do, the better it is."

Top them as dad loves — for Reader, that means peanut butter, Miracle Whip, onions and a side of stinky cheese. Father's Day is not a time to be judgmental.

As soon as you're done, clean that grill. Grease comes off much easier when it's hot and your father won't relax if he knows it's solidifying for him to scrape off next time he's cooking.

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# At a loss for what to do with the boss?

► Check out Metro's suggestions for how to tailor-make his day ► Base your plans on what he'd love to do



CREATAS/THINKSTOCK

► Dad may just want to kick back and relax with a movie.



**ASTRID VAN DEN BROEK**  
FOR METRO

Looking for something extra special to do with dad for Father's Day? If so, how can you decide what to do?

"Think about the kind of father you're celebrating," suggests Ann Douglas, author of *The Mother of All books* series.

"Is he the kind of guy

who would want a big get-together with all generations of his family gathered around the dining room table? Or would he prefer sharing a meal at a busy restaurant? Or would he like a quieter kind of day?"

If you're looking for some fresh ideas, here are 10 unique ways to celebrate dad this year.

## 10 ways to make his day:

**1 Call on his inner Julia Child.** Instead of taking him out for brunch or dinner, why not try cooking a special meal with your favourite foodie at home? Either dad can sit back and relax, or you shop and cook up a special penne a la vodka together.

**2 Make a picnic ...** of all his favourite foods to surprise him with. Then, take the kids for a walk while dad snoozes off the fried chicken.

**3 Watch a movie.** A big bucket of popcorn, a large drink and a summer blockbuster can bring a smile to your cinephile's face.

**4 Get him a massage.** Aren't most dads' backs sore from all the kid-carrying? Send him to the spa for an hour-long massage to ease his muscles.

**5 Give the gift of time.** Hand him a six pack of his favourite microbrew, an Adirondack or easy chair to sit in and a book or TV remote. (Depending on what he prefers to do!) Then, make yourself and the kids scarce.

**6 Present a plan.** How about a day of golfing you've arranged for him and his friends, a day of fishing or lunch and afternoon tickets to the baseball game?

**7 Take him out.** Does dad like to take in events? Look into local festivals, car shows, rib fests or quieter options such as museums and galleries to find one

that suits his taste.

**8 Find his running shoes.** Is dad a newbie runner? If so, pull on your runners and head out with him for a lovely spring run.

**9 Get dad out to nature.** Nature can be calming so if your dad loves all things green, plan a hike together along a new-to-him trail.

**10 Sleep, sleep, sleep.** Not only do you let dad sleep in, but you also clear the kids and yourself out so he can zonk on the couch in the afternoon.

## Papa's brand new bag of gifts

Hard times may mean that dad is staying later at the office, losing sleep, and occasionally fazing out during conversations.

Your father works hard and does his best to keep the family afloat in the roller coaster of life.

This Father's Day, don't forget to show him your appreciation with these meaningful gifts:

### Get him active:

Pending layoffs and the rising cost for gas, food, and

services are stressors that can cause long-term health issues if they are not addressed.

Exercise is a great way to relieve stress and keep the heart healthy. Commit to joining dad at the gym with a membership, install a basketball hoop outside the house, or enroll your parents in a ballroom dance class (note: this may be more of a gift for mom).

### A bucket full of faves:

Fill a large bowl or con-

tainer with some of dad's favourite snacks, movies, drinks, and seasonings.

If your dad likes spicy food, get a special hot sauce you think he'd enjoy.

If he prefers cashews over almonds, make note of it when you're out shopping.

Your dad will be touched that you've been paying attention to him and will appreciate being able to kick back and relax with his favourite things.

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# A cheesy take on steak strips

NEWS CANADA



**Prep time:**  
15 mins.  
**Grilling time:**  
6 to 8 mins.  
**Serves:**  
4

► Combining tomatoes and crumbled blue cheese offers a new take on steak.

► A tomato and blue cheese vinaigrette gives this meat dish a unique flavour ► Recipe is speedy to make

## Preparation:

- 1 Prepare the grill for direct cooking over high heat (450° to 550°F).
- 2 Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
- 3 In a medium bowl whisk the shallot, vinegar, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.
- 4 Brush the cooking grates clean. Grill the

steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare-ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let

rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/  
WEBER-STEPHEN PRODUCTS  
LLC. RECIPE FROM WEBER'S  
TIME TO GRILL BY JAMIE PUR-  
VANCE

## Ingredients:

### Steaks

- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

### Vinaigrette

- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- 1/4 cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese (½ cup)

## THIS WEEK'S SUPER DEALS JUNE 17 ~ JUNE 23, 2011

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SPECIAL INFORMATION FEATURE

# Celebrate Ontario Craft Beer Week

- Head to Arrow + Loon's Cask Festival
- Beau's Screaming Beaver is Big + Beautiful

**JEFF O'REILLY**  
OTTAWA@METRONEWS.CA

Craft Beer has been enjoying a renaissance and your taste buds are the big winners here. Small Ontario breweries create batches of delicious alternatives to popular mainstream offerings, much to the delight of local beer lovers. Ontario Craft Beer Week pays tribute the hard-working brewers from June 19-26, and cask conditioning is a traditional twist on beer that de-

serves its due. "Cask Conditioned" beers are typically unpasteurized and unfiltered. They contain active yeast in the kegs, which produce a "living ale" that continues to evolve. Typically served at slightly warmer temperatures, you are more able to detect subtle nuances in the depth, flavour and texture of the liquid.

Beau's Screaming Beaver — a whopping 9.9% ABV double hopped version of their popular Beaver River

— is a deep ruby red with a fluffy oatmeal-coloured head. The initial scents of sweet clean grassy and floral hops are overshadowed by the tastes of boozy caramel and vanilla, with hints of apricots and molasses in the background. At a giant 92 IBUs (International Bitterness Units) of hop bitterness, somehow it's the malts that really shine through. This was really well thought out — kudos to Beau's Head Brewer Matthew O'Hara.

JEFF O'REILLY/FOR METRO



► Alexandra, Scott and Krista gear up for the OCB Cask Festival.



► Paul Minaker (left), owner of 33 Vines Winery, roaming through the vineyard with wine lovers on a Savvy Tour of Prince Edward County.

## Summer roadtrip: Ontario's wineries

### ► Wine-tasting tips from a Savvy Sommelier

In less than three hours by car, you can be in the middle of Canada's fastest-growing wine region — Prince Edward County. "The County," as it is known, has more than 20 wineries awaiting your visit. Take a drive for a day or make a weekend getaway to meet winemakers, sample their wines and roam through their vineyards. There are even wineries with restaurants to complete your wine getaway. And further along the 401, there are more than 70 wineries awaiting you.

As a Sommelier, I enjoy travelling to wineries — even arranged Sommelier-led tours. Here are my tips to make your roadtrip to wine country memorable:

**1 Spitting is OK:** We Sommeliers do it all the

time! By spitting, you'll be able to taste more wines on your roadtrip. Wineries will always provide a spittoon or bucket on the tasting counter. If it is not there — don't be shy and ask for it!

**2 Dumping is perfectly fine:** No need to finish all of the wine in your glass. When you've tasted enough, it's perfectly OK to pour the remaining wine into a spittoon. Rest assured that the winemaker doesn't take it as a signal that you didn't enjoy the wine; rather, it's a sign you're ready to move on to taste the next wine.

**3 Bring a cooler!:** Especially on a hot sum-


mer day, have a cooler in your trunk. You don't want the wines to cook in the heat of your car — the wine (and your fond memories) can be spoiled by the heat.

**4 Refresh:** It is important to nibble on crackers or plain white bread between tastings. And always make sure to have water nearby.

**5 Most of all, have fun:** Winemakers enjoy sharing their knowledge of wine and stories about winemaking, so don't be shy — ask any questions!

Cheers & safe travels!

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## Beat the blues with martinis and manicures

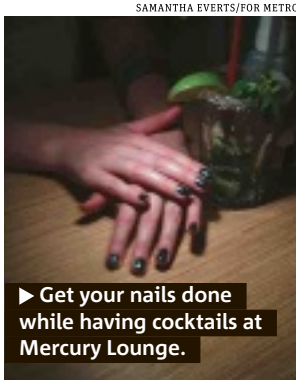
Skip the Monday Blues and head straight for Mercury Lounge in the Market with your girlfriends after work.

From 5 p.m. onwards, you and your girlfriends cansip a Scarlett O'Hara martini (Vodka, Southern Comfort Peach Schnapps, and cranberry), listen to

awesome indie-beats and let friendly esthetician Thetis Bernard pamper you with a classic or French manicure for only \$10 in the ultra-cool space.

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● SAMANTHA EVERTS



SAMANTHA EVERTS/FOR METRO

## Government workers savour gourmet eats at hotspot Bowich

► Eatery calls itself 'best thing on sliced bread'

Calling themselves the "best thing on sliced bread," Bowich (Best Organic SandWICH) isn't kidding.

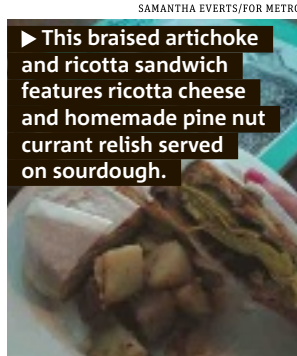
The sleek minimalist space means no more stodgy subs for Bank Street government workers, who can now dine on locally sourced and 100 per cent organic products from Mariposa Farms, Stone Mills Bakery and Bryson Farms.

Diners can flip through hardcover books on modern design, and enjoy the most gourmet grilled Swiss Gruyere cheese sandwich, or indulge in an artichoke and ricotta sandwich — which is served with tangy baby potato salad. Or try a daily soup, like pineapple-cucumber gazpacho.

Veggie-friendly.

● SAMANTHA EVERTS

► This braised artichoke and ricotta sandwich features ricotta cheese and homemade pine nut currant relish served on sourdough.



SAMANTHA EVERTS/FOR METRO



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## Wheat-free pancakes at Imperial

An article in the June 9 edition of Metro Table about vegan brunches should have said The Imperial at 329 Bank St. offers vegan blueberry pancakes and not

wheat-free blueberry pancakes. It also should have listed the Manx's address as 370 Elgin St.

Metro apologizes for the error.

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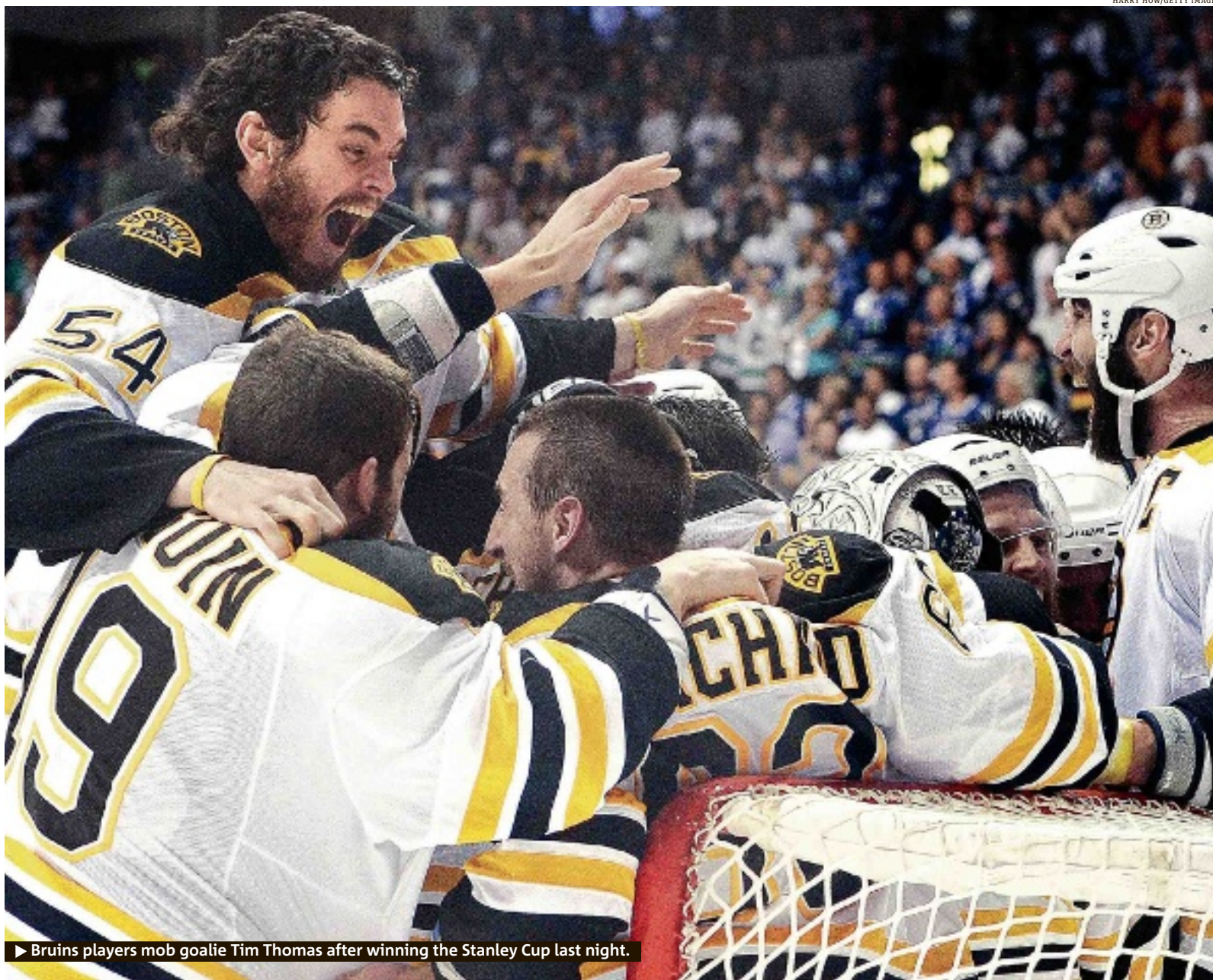
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► Bruins players mob goalie Tim Thomas after winning the Stanley Cup last night.

# B's are the champions

► Bruins get two goals from Bergeron to beat Canucks in Game 7 and win Stanley Cup

Patrice Bergeron scored two goals, one of them short-handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in a tension-filled Game 7 last night.

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860



at Rogers Arena.

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a video review.

Vancouver outshot Boston 37-21.

At the final whistle Bruins players streamed off the bench to mob Thomas, while the Canucks watched with their heads hung.

"We never made things easy on ourselves," veteran Mark Recchi told CBC after the game before hinting he would retire. "I knew Game 6 and 7 we were going to be there and we did it. What a feeling this is. This is a hell of a way for me to go out, that's for sure."

Thomas was awarded the Conn Smythe Trophy as the most valuable player in the playoffs. The stocky goaltender who plays like a linebacker, had another strong game, scrambling and diving to make saves. It was his fourth shutout of the playoffs and second against Vancouver.

He got help from a Bruins team that forced the Canucks to take long shots and quickly cleared the puck from in front of the net. That left Vancouver with few chances at rebounds.

It was a disappointing end to the best season in Canucks history. Vancouver had the best record in

the NHL and advanced to the Stanley Cup final for the first time in 17 years.

The Bruins forced Game 6 by beating the Canucks 5-2 Monday night in Boston.

Vancouver was gripped with the same excitement that seized the city during the 2010 Winter Olympics. A loud, towel-waving crowd began chanting "we want the cup" even before the national anthems. Across the city thousands watched the game outdoors on big screens.

Actor William Shatner was in the crowd and the Green Men were in their seats beside the Bruins' penalty box.

THE CANADIAN PRESS

4  
sports

Quoted



**"Every time we got our backs up against the wall and had to win we did. Every time. To win it on the road in Game 7 is no easy task, and they came through. That's a testament to the character on that team."**

BRUINS GOALIE  
TIM THOMAS, SPEAKING  
TO THE CBC AFTER  
THE GAME.



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► Milos Raonic, of Thornhill, Ont., takes part in the Internazionali BNL D'Italia last month. He had a 7-6 record at European clay-court events in April and May, calming down the media frenzy that had grown after his strong start to the season.

# Raonic no longer in spotlight

► Media frenzy diminished by modest record in April and May

The weight of expectation on Milos Raonic has diminished after his sensational start to the 2011 tennis season, and that may be good news for the hard-serving 20-year-old.

A fourth-round showing at the Australian Open in January, followed by an ATP title in San Jose, Calif., and a thrilling loss to Andy Roddick in the Memphis final propelled Raonic to instant fame in Canada. His world ranking jumped to No. 37 from 152 over a four-week period, and within another two and a half months, he was sitting at No. 25.

But a modest 7-6 record at European clay-court events in April and May has seen the media frenzy calm to a point where his quarter-final performance last week at the pre-Wimbledon grass-court event in Germany went largely unnoticed.

Playing in his first professional grass-court event in Halle, Germany, Raonic won two rounds convincingly before falling 6-3, 6-7(6), 6-3 to Philipp Petzschner.

The crafty German led eventual champion Rafael Nadal two sets to one at Wimbledon last summer before losing 6-4, 4-6, 6-7(5), 6-2, 6-3. Petzschner then combined with Jur-

**"He has a great chance to reach the quarters or even the semis with his style."**

DANIEL NESTOR, TENNIS PRO

gen Melzer of Austria to win the doubles at Wimbledon.

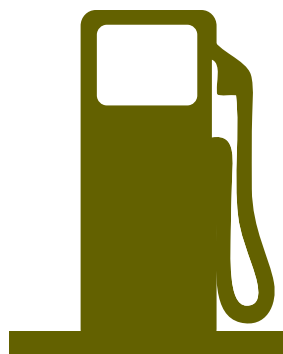
"I'm very happy I'm playing so well on something, grass, that's a completely new experience for me, especially at this level," Raonic said last week. "It gives me a lot of confidence."

Doubles also figured in Raonic's preparation for next week's Wimbledon as he and Robin Haase of the Netherlands reached the Halle final, giving the Canadian four more matches of precious grass-court experience.

Following his first-round loss to unheralded German veteran Michael Berrer at the French Open, Raonic appeared jaded and spoke about being a rookie and still having a lot to learn about working out a tournament schedule that would keep him fresh and fit.

With his early exit at Roland Garros, and just the Halle tournament on grass, Raonic enters Wimbledon well rested.

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## BASEBALL

### Mauer set to return to Twins

Joe Mauer's return to the Minnesota lineup has been set for tomorrow.

Mauer finished his minor league rehabilitation assignment by facing teammate Joe Nathan in a live batting-practice session in Florida yesterday. He hasn't played for the Twins since April 12, plagued by weakness and soreness in his legs and throwing shoulder.

Manager Ron Gardenhire said before yesterday's game against the Chicago White Sox in Minnesota that Mauer will travel today and start at catcher tomorrow

against the San Diego Padres.

"It was a lot longer than I had hoped," Mauer said after his workout. "But I got my work in, and I worked with a lot of great people down here. It was nice, but obviously I want to be up there in Minnesota and be up there playing. I feel like I'm ready to get out of here."

Mauer has played in only nine games this year because of his injuries, hitting just .235 with four RBIs in the first season of a \$184-million US, eight-year contract extension. He had arthroscopic knee surgery in December and said last month that his body wasn't ready when the season started.

Nathan said Mauer looked sharp.

"I threw him some pretty good breaking balls," Nathan said. "It's really just impressive to see the pitches he can take when he's down 1-2 in the count. I threw him a couple of sliders. He put a good swing on them. It's nice to see him find his swing again and start to feel good again."

Nathan pitched to Mauer and Twins prospect Miguel Sano at the team's spring training headquarters. Nathan has been on the disabled list since May 23 with soreness in his right forearm, a condition related to his recovery from Tommy John surgery last year. He struggled at the beginning of the season with a 7.63 earned-run average in 17 appearances.

THE ASSOCIATED PRESS

## Serena gets break in seeding

Defending champion Serena Williams was bumped up to No. 7 in the Wimbledon seedings — 19 places above her world ranking — yesterday, a position that will allow her to avoid playing the highest-ranked players until at least the quarter-finals.

Williams won her 13th Grand Slam title last year at the All England Club, but then stepped on broken glass, eventually leading to blood clots on her lungs, and was out of action for nearly a year. She returned to competitive tennis Tuesday at Eastbourne, coming back from a set down to beat Tsvetana Pironkova 1-6, 6-3, 6-4.

She was originally seeded No. 8, but the withdrawal of second-seeded Kim Clijsters moved the rest of the field up one spot.

"Listen, I don't ask for much. I would have been happy with 25, because I'm going to be in there fighting for every point and for everything," Williams said. "It doesn't matter where I'm seeded. I'm just going to give it 200 per cent like everyone else in the draw."

Wimbledon starts Monday. The draw is scheduled for tomorrow.

On the men's side, defending champion Rafael Nadal was seeded No. 1, followed by Novak Djokovic at No. 2, Roger Federer at No. 3 and Andy Murray at No. 4 — in line with their rankings.

Federer and Nadal have combined for the past eight titles at the All England Club.

For Federer, it's the first time he has been outside the top two seedings at Wimbledon since 2003, the year he won the first of five straight titles at the grass-court Grand Slam.

Since Serena's injury, she has dropped to No. 26 in the WTA rankings. If Wimbledon organizers had seeded her according to her ranking, the four-time Wimbledon champion could have come up against a top player in the third round.

Her sister Venus, a five-time Wimbledon champion, was seeded No. 24.

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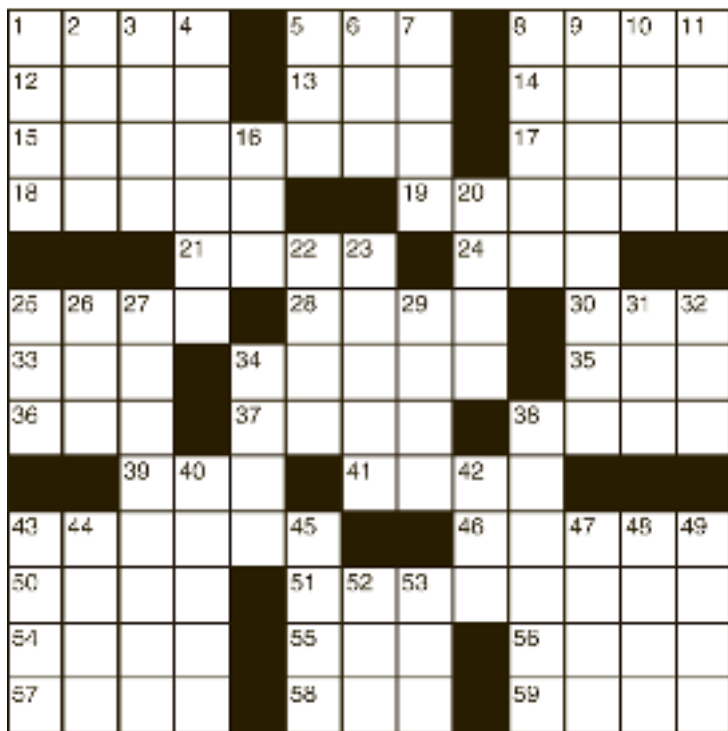
## Crossword

## Across

1 Con game  
5 Not-so-tall tale  
8 Front projection  
12 Needing a cane  
13 Earlier than  
14 Hold sway  
15 Intl. cartel  
16 Actress Gardner  
17 Elevator name  
18 Railyard sight  
20 Result  
22 Every last bit  
23 15-Across' product  
24 Gulleets  
27 And so on  
32 — Beta Kappa  
33 Vast expanse  
34 Blue  
35 Unrelenting pest  
38 Snakes  
39 Storm center  
40 Keyboard abbr.  
42 Take out of context?  
45 Small yellow fruit used in preserves  
49 Vicinity  
50 "Hail!"  
52 Loosen  
53 Optimistic  
54 Family member  
55 Particular  
56 Being, to Brutus  
57 "Of course"  
58 "Piggies"

## Down

1 Messy guy  
2 Mafia bigwig  
3 MasterCard alternative, briefly  
4 Gathering places

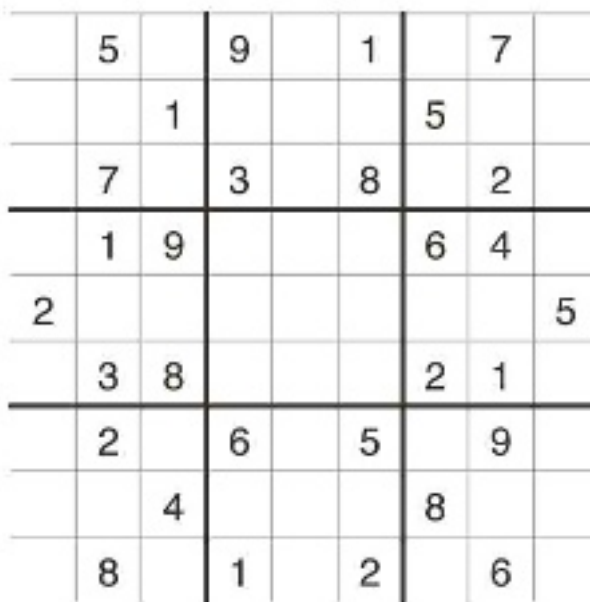


5 Intrepid  
6 Mr. Robbins who partnered with Burt Baskin  
7 Suitor  
8 Toaster's word  
9 Cruel  
10 Medley  
11 Into the sunset  
19 Mr. Pacino  
21 "Ulalume" writer  
24 Speedometer stat  
25 "Caught ya!"  
26 Brit's radio  
28 Ball-bearing gizmo  
29 Negligent  
30 Knock  
31 Billboards  
36 Sailor's assent  
37 Collection  
38 Find not guilty  
41 Therefore  
42 Challenge  
43 Love deity  
44 Uncomplicated  
46 "Do — others ..."  
47 "Zip- — -Doo-Dah"  
48 — River, NJ  
51 Struggle (for)

## ► Monday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

7	5	8	3	8	4	1	2	6
1	2	8	9	7	8	5	3	4
3	4	6	2	6	1	8	7	8
2	1	3	8	8	7	4	8	5
6	8	4	5	1	2	7	6	3
8	7	5	4	3	6	2	1	9
4	3	7	1	6	9	8	5	2
5	9	1	8	2	3	6	4	7
8	9	2	7	4	5	3	9	1

## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

pumpkin noodle  
happy anniversary! this year has been amazing. i look forward to many more. i love you very much. **YOUR ANDREA**

Bear, ur the best thing that happend to me. Words can't explain how much i love & need you. Thank you for being there for me through thick & thin you know ill be there for you 2. I know right now its a little bumpy but im 100% it will all work out in the end, TKM, i love you with all mi corazoncito \*muah **MAMI**

Mr. Big, you make the butterflies in my stomach go wild. I can't believe that it has already been two beautiful weeks... I can't wait to wake up next to you every morning so we can make breakfast together. I love you so much!

SWEET BUNS

## Today's horoscope

♈ **Aries** March 21-April 20 Today, you will find it easy to open up and let those you care for know what they mean to you.

♉ **Taurus** April 21-May 21 Mercury's move into the communications area of your chart makes it easy to find the right words.

♊ **Gemini** May 22-June 21 Have fun today, but keep an eye on your financial situation.

♋ **Cancer** June 22-July 22 Remind everyone that you don't mind them asking favours but you do mind them giving orders.

♌ **Leo** July 23-Aug. 23 If you don't feel like being sociable today, you don't have to make an effort.

♍ **Virgo** Aug. 24-Sept. 22 If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

♎ **Libra** Sept. 23-Oct. 23 Think big, act big and expect a big breakthrough over the next 24 hours.

♏ **Scorpio** Oct. 24-Nov. 22 If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

♐ **Sagittarius** Nov. 23-Dec. 21

Your ability to notice patterns where others see only individual events, will be useful today.

♑ **Capricorn** Dec. 22-Jan. 20 You need to be more assertive, especially if you have let friends make decisions for you.

♒ **Aquarius** Jan. 21-Feb. 18 No matter how well things are going, you can't keep this pace.

♓ **Pisces** Feb. 19-March 20. Is thinking you must make amends for something you did a long time wise? **SALLY BROMPTON**

## Caption contest



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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metro



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# D-TOX ROCK FEST

Petite-Nation 6 Édition - 2011



## N O F X

## L A M B O F G O D

## D E S C E N D E N T S \* U N D E R O A T H

## P E N N Y W I S E \* H A T E B R E E D

WHITECHAPEL • CJ RAMONE • HOT WATER MUSIC • BOUNCING SOULS • CANCER BATS • JOEY CAPE  
ABANDON ALL SHIPS • THE FLATLINERS • GRIMSKUNK • MONONC' SERGE • KATAKLYSM • HAIL THE VILLAIN  
THE SAINTE CATHERINES • MYSTERY BAND • XAVIER CAFFEINE • UKKO • THE BRAINS • CRYPTOPSY  
CRASH TON ROCK • SLAVES ON DOPE • BLIND WITNESS • BENEATH THE MASSACRE • LES ÉKORCHÉS • PÉPÉ ET SA GUITARE  
LES CHIENS SALES • INSURRECTION • AARSEN • BEHEADING OF A KING • THE REAL DEAL • OLD MAN MARKLEY • A WILHELM SCREAM • TEENAGE BOTTLEROCKET  
DANCE LAURY DANCE • DIZZYGOth • FADELESS • CURIOUS CASE • COLIN MOORE • UP AGAINST THE WALL • SHOT BY JACK • EXECUTE THE SINNER • OUR OWN JUSTICE  
STARTING LINEUP • LIFE ON TRIAL • THE LUCKY ONES • HEMI LOCO • RDC • VAN DE KAMP • PIRATE CIRCUS • POLISHDEBIN • AND LOTS MORE!

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